The 2025 Nootropics Buyer's Guide

7 Proven Ingredients for Focus & Memory

Very Big Brain
www.VeryBigBrain.com

WELCOME & HOW TO USE THIS GUIDE

WHY THIS GUIDE EXISTS

Nootropics—often called "smart drugs" or "cognitive enhancers"—have exploded in popularity. But the flood of options can make it hard to know what's worth your time and money.

This short guide cuts through the noise, focusing only on ingredients with **strong scientific support** for improving focus, memory, and mental clarity.

HOW TO USE THIS GUIDE

- Skim the ingredient list to see what matches your needs.
- Check "Found In" to spot high-quality supplements containing each ingredient.
- Use this as a reference when shopping—or see our recommended all-in-one stack on the final page.

INGREDIENT #1: CITICOLINE (CDP-CHOLINE)

BENEFITS

Citicoline supports the production of acetylcholine, a neurotransmitter essential for learning and memory. It also helps maintain healthy cell membranes and supports brain energy metabolism, which can improve processing speed and mental stamina during prolonged cognitive tasks.

EVIDENCE SNAPSHOT

Human studies have shown citicoline supplementation can improve attention, memory recall, and mental energy, particularly in older adults and those experiencing cognitive decline. A double-blind study in healthy women also found enhanced focus and reaction time after just 28 days of supplementation.

DOSAGE RANGE

250–500 mg/day.

FOUND IN

Mind Lab Pro and standalone supplements.

INGREDIENT #2: LION'S MANE MUSHROOM

BENEFITS

Lion's Mane contains compounds (hericenones and erinacines) that may stimulate Nerve Growth Factor (NGF), encouraging the growth and repair of brain cells. It may also support mood stability and reduce mild anxiety symptoms by promoting healthier brain cell connections.

EVIDENCE SNAPSHOT

In small human trials, daily Lion's Mane supplementation improved cognitive function scores in older adults over 16 weeks. Animal studies support its neuroprotective role, showing enhanced nerve regeneration. Though research is still emerging, the consistency of early findings is promising.

DOSAGE RANGE

500–1,000 mg/day (standardized extract).

FOUND IN

Mind Lab Pro and mushroom blends.

INGREDIENT #3: BACOPA MONNIERI

BENEFITS

Bacopa supports the brain's ability to form new memories and retrieve stored information. It also helps regulate neurotransmitters like serotonin and dopamine, potentially improving mood and reducing mental stress.

EVIDENCE SNAPSHOT

Meta-analyses of human trials show Bacopa can significantly improve delayed recall, learning, and processing speed, but benefits tend to appear after 8–12 weeks of consistent use. One placebo-controlled study in older adults found measurable improvements in attention and working memory after 12 weeks.

DOSAGE RANGE

300–450 mg/day (standardized to 50% bacosides).

FOUND IN

Mind Lab Pro, memory blends.

INGREDIENT #4: L-THEANINE

BENEFITS

L-Theanine promotes a relaxed yet alert mental state by increasing alpha brain wave activity. It can help smooth out caffeine's stimulating effects, leading to sustained focus without jitters. It also supports stress resilience during mentally demanding work.

EVIDENCE SNAPSHOT

Multiple studies in humans have found L-Theanine improves reaction time, task-switching, and sustained attention, particularly when combined with caffeine. One trial found it significantly reduced mental fatigue during demanding attention tasks compared to placebo.

DOSAGE RANGE

100–200 mg/day.

FOUND IN

Mind Lab Pro, green tea extract.

INGREDIENT #5: RHODIOLA ROSEA

BENEFITS

Rhodiola is an adaptogen that helps the brain and body adapt to physical and mental stress. It may improve mood, reduce feelings of fatigue, and enhance mental performance during prolonged work or study sessions.

EVIDENCE SNAPSHOT

Several placebo-controlled human studies show Rhodiola improves mental performance under stress—such as during exams or extended work hours—by reducing fatigue and enhancing accuracy in cognitive tasks. One study in physicians working night shifts found it improved overall cognitive function and mood.

DOSAGE RANGE

200–400 mg/day (standardized to rosavins).

FOUND IN

Mind Lab Pro, adaptogen formulas.

INGREDIENT #6: MARITIME PINE BARK EXTRACT

BENEFITS

Rich in proanthocyanidins, Maritime Pine Bark Extract supports healthy blood flow to the brain, enhancing oxygen and nutrient delivery. It also acts as a potent antioxidant, protecting neurons from oxidative stress that can impair cognitive function over time.

EVIDENCE SNAPSHOT

Clinical trials in healthy adults show supplementation improves attention, mental performance, and working memory—especially in high-demand situations. In one study, university students taking pine bark extract had significantly better test scores and lower oxidative stress markers than placebo.

DOSAGE RANGE

100–200 mg/day.

FOUND IN

Mind Lab Pro, circulation support blends.

INGREDIENT #7: PHOSPHATIDYLSERINE

BENEFITS

Phosphatidylserine (also referred to as simply PS) is a phospholipid essential for healthy cell membranes and communication between brain cells. It supports neurotransmitter release and receptor sensitivity, which can help maintain memory, focus, and processing speed as we age.

EVIDENCE SNAPSHOT

Human studies—particularly in older adults—show supplementation improves memory recall, attention, and overall cognitive performance. In younger adults, it may improve mood and reduce perceived stress during challenging mental tasks. Some evidence suggests it may also reduce exercise-induced cortisol levels.

DOSAGE RANGE

100–300 mg/day.

FOUND IN

Mind Lab Pro, memory support supplements.

QUICK COMPARISON TABLE: 7 PROVEN NOOTROPIC INGREDIENTS

Ingredient	Key Benefits	Best Use Case	Found In
Citicoline (CDP-Choline)	Boosts acetylcholine for learning & memory; supports cell membrane health; improves mental energy & processing speed.	Daily baseline support for focus, mental stamina, and overall brain health.	*Mind Lab Pro*
Lion's Mane Mushroom	Stimulates nerve growth; supports brain cell repair; may improve mood & reduce mild anxiety.	Long-term brain health, neuroprotection, and mood stability.	*Mind Lab Pro*
Bacopa Monnieri	Enhances memory formation & recall; regulates serotonin & dopamine for mood balance; reduces mental stress.	Students, professionals, and anyone seeking long-term memory improvement.	*Mind Lab Pro*
L-Theanine	Promotes calm focus; increases alpha brain waves; smooths caffeine effects for sustained concentration.	Paired with caffeine for jitter-free focus; stress resilience during deep work.	*Mind Lab Pro*
Rhodiola Rosea	Reduces mental fatigue; improves cognitive performance under stress; enhances mood during demanding periods.	Busy, high-stress days or prolonged work/study sessions.	*Mind Lab Pro*
Maritime Pine Bark Extract	Improves cerebral blood flow; enhances oxygen/nutrient delivery; protects neurons from oxidative stress.	Cognitive support during high-demand mental work; long-term brain protection.	*Mind Lab Pro*
Phosphatidylserine	Maintains healthy brain cell communication; supports memory, focus, and neurotransmitter function.	Aging-related memory support; improved mood & stress response.	*Mind Lab Pro*

RECOMMENDED ALL-IN-ONE STACK

If you want a supplement that combines multiple proven ingredients from this list into one formula, I recommend *Mind Lab Pro*. It contains Citicoline, Lion's Mane, Bacopa Monnieri, L-Theanine, Rhodiola, Maritime Pine Bark Extract, and Phosphatidylserine—covering multiple cognitive pathways at once.

The world's most advanced nootropic formula. Designed to boost your everyday brainpower. For enhanced cognitive function and peak daily performance.

- 11 premium-grade research-backed nootropic nutrients.
- 100% plant-based & stim-free. In prebiotic vegan capsules.
- For focus, clarity, memory, mood, motivation & more.

Learn More →

Mind Lab Pro: Learn More & See Today's Price →

Disclaimer: This guide is for educational purposes only and is not medical advice. Always consult your healthcare provider before beginning any supplement regimen.